



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

Visit us at www.fns.usda.gov/fdd

(last updated, 01-23-12)

100329 – TOMATOES, DICED, NO SALT ADDED, CANNED, #10

Nutrition Information

| | |
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| CATEGORY | <ul style="list-style-type: none">Vegetables/Fruits |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none">U.S. Grade B or better canned diced tomatoes. This is a no salt added food. |
| PACK/YIELD | <ul style="list-style-type: none">6/#10 cans per case. Each can contains about 102 oz (12¾ cups) diced tomatoes and juice.One #10 can AP yields about 12¼ cups heated, diced tomatoes and juice and provides about 49.2 ¼-cup servings heated vegetable.CN Crediting: ¼ cup diced tomatoes and juice provides ¼ cup vegetable. |
| STORAGE | <ul style="list-style-type: none">Store unopened canned tomatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened can of tomatoes covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |
| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none">Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.Use a clean and sanitized can opener.STOCK POT OR STEAM-JACKETED KETTLE: Drain off half the liquid in the can. Pour tomatoes and remaining liquid into stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil. |

Tomatoes, diced, no salt added

| | ¼ cup (60 g) | ½ cup (121 g) |
|---------------|-----------------|------------------|
| Calories | 15 | 30 |
| Protein | 0.5 g | 1.0 g |
| Carbohydrate | 3.0 g | 6.0 g |
| Dietary Fiber | 1.0 g | 2.0 g |
| Sugars | 1.5 g | 3.0 g |
| Total Fat | 0 g | 0 g |
| Saturated Fat | 0 g | 0 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Iron | 0 mg | 0 mg |
| Calcium | 20 mg | 40 mg |
| Sodium | 7.5 mg | 15 mg |
| Magnesium | 7 mg | 13 mg |
| Potassium | 120 mg | 240 mg |
| Vitamin A | 200 IU | 400 IU |
| Vitamin C | 7.5 mg | 15 mg |
| Vitamin E | 0 mg | 0 mg |



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| PREPARATION/ COOKING INSTRUCTIONS (cont'd) | <ul style="list-style-type: none">• STEAMER: Pour tomatoes into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.• Canned vegetables should be heated only to serving temperature and served soon after heating. |
| USES AND TIPS | <ul style="list-style-type: none">• Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, vegetables, rice, or main dishes. Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none">• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.• NEVER USE food from cans that are leaking, bulging, or are badly dented.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf. |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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